

**FEDERAL BUREAU OF PRISONS - NATIONAL MENU - FY10 - CONTINENTAL BREAKFAST - ALL WEEKS**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
^FRESH APPLE ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK COFFEE	^FRESH ORANGE ^HOT OATMEAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH APPLE ^HOT GRITS BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH BANANA ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^GRAPEFRUIT ^HOT OATMEAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH BANANA ^HOT GRITS BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH ORANGE ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK COFFEE

**FEDERAL BUREAU OF PRISONS - NATIONAL MENU - FY10 - CONTINENTAL AND HOT BREAKFAST - ALL WEEKS**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
^FRESH APPLE ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK COFFEE	^FRESH ORANGE ^HOT OATMEAL PANCAKES W/SYRUP ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH APPLE ^HOT GRITS BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH BANANA ^DRY CEREAL CREAMED BEEF HOME FRED POTATO BISCUITS ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^GRAPEFRUIT ^HOT OATMEAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH BANANA ^HOT GRITS FRENCH TOAST W/SYRUP ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH ORANGE ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK COFFEE

**FEDERAL BUREAU OF PRISONS - NATIONAL MENU - FY10 - HOT BREAKFAST - ALL WEEKS**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
^FRESH APPLE ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK COFFEE	^FRESH ORANGE ^HOT OATMEAL PANCAKES W/SYRUP ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH APPLE ^HOT GRITS CREAMED BEEF HOME FRED POTATO BISCUITS ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH BANANA ^DRY CEREAL FRENCH TOAST W/SYRUP ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^GRAPEFRUIT ^HOT OATMEAL SCRAMBLED EGGS HASH BROWN POTATO WHITE BREAD ^WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH BANANA ^HOT GRITS WAFFLES W/SYRUP ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK	^FRESH ORANGE ^DRY CEREAL BREAKFAST CAKE ^OR WHEAT BREAD ^MARGARINE PAT ^SKIM MILK COFFEE